

Health Homes Herald

May, 2015

Volume 2, Issue 8

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Persistence Pays Off!

Our Health Homes (HH) success story this month comes to us from the Community Mental Health Center of Crawford County (CMHCCC).

Though assigned in August, Angela, a HH member, did not respond to her HHP's phone calls, home visits, or mailings.

By January, the care manager (CM) was about to close Angela out of HHs, but decided to give things one more try--- finally, success!

In February, the CM began doing face-to-face visits and phone calls with Angela. Angela reported frequent headaches and episodes of dizziness. The CM noticed Angela's blood pressure was elevated. Angela reported that she had stopped taking all her medications after an acquaintance told her that they weren't needed.

The CM provided education and Angela agreed to resume taking

her medication. The CM also scheduled an appointment for Angela with her PCP and set up public transportation to and from the clinic.

After this appointment, the CM called Angela and found that she had forgotten to take her medication. The CM reminded Angela and came over later in the day to check on her. Angela's blood pressure that day was 200/119!

The CM called Angela's clinic again and at their direction, took Angela to the local ER.

A few days later, the CM went back to Angela's apartment with a medication box. They sat and filled the med box together so that Angela would be able to do this for herself in the future.

The CM also called Angela's pharmacy and then picked up and delivered the medications to Angela.

The CM also called Angela's PCP, who was grateful to be receiving information about Angela.

The CM helped Angela record all of her recent blood pressure readings on a KDHE blood pressure card, so that Angela would be able to present the card to her providers.

The CM took Angela's blood pressure on April 15, 2015, and it was 126/76--what an improvement!

Great job CMHCCC! This is what HHs are all about: persistence and meeting members where they are.

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik
Email:

sferencik@kdheks.gov

Phone: 785- 296-8001

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Upcoming News and Events

- Learning Collaborative Meeting—**May 6th**
- HHP Listening Tour — **May 12th**
- Learning Collaborative Webcast — **June 2nd at 3:00pm**

Questions?

Email: healthhomes@kdheks.gov



Consumers' Frequently Asked Questions

I've met my HAP goals and am feeling much better. Does this mean that I will no longer get to be in Health Homes?

We are so happy to hear that many of our members are having great success! You can stay in your Health Home as long as you are eligible and want to participate. Your eligibility for Health Homes will not be impacted by your recent success.

If you have questions about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001

Email: sferencik@kdheks.gov

New HHP Survey Coming Soon

The Health Homes Listening Tour was well-attended and the state team was able to learn valuable information while visiting with our HHPs across the state. We are in the process of finalizing a report of our findings while on tour and will share this report with all interested parties. In addition to the report, the state team has decided to do another Health Homes Survey in order to dig deeper into a few issues that surfaced while we were out visiting our HHPs.

Please look for this new HHP Survey in the coming weeks. This survey will focus on issues related to the Foster Care children who are in and/or eligible for Health Homes services. Much like our first survey, the questions we ask will be geared toward helping the state better understand the reality “on the ground” with regard to how our Foster Care kids, families and providers are experiencing the Health Homes program. We will use the information you provide us to make thoughtful changes so that we can serve our Foster Care members in the most effective way possible.

Remember, if you did not receive the first survey, you should check with Samantha Ferencik to ensure that your HHP has the appropriate contact information on file. We want every HHP to participate in the survey!

If you need to make changes to your contact information, or if you have any questions about the survey or the Listening Tour you may contact Samantha Ferencik at:

Phone : 785-296-8001

Email: sferencik@kdheks.gov



Update from Wichita State University Center for Community Support & Research

The WSU Center for Community Support & Research provides learning opportunities for staff within contracted Health Home providers. Here is what's happening:

The **Health Homes Learning Collaborative** is an opportunity for administrators and managers within contracted Health Home Partner organizations to join with professional associations, Lead Entities and State Program leaders to celebrate successes, conquer challenges and build a quality Health Homes system that improves the lives of the individuals and families it serves. Agency participation is required – see the Health Homes Program Manual for more information.

Our next in person event will be on May 6 at the Rolling Hill Zoo in Salina. Contracted Health Home Partners will be learning more about Quality Improvement Processes and successful community collaborations.

Our next webcast is Tuesday, June 2 at 3:00. Watch for your invitation to participate coming in mid-May!

The **Health Action Plan Learning Series** is an opportunity for Care Coordinators and Social Workers within contracted Health Home Partners to gain tools and resources for writing quality Health Action Plans with their members. Links to recorded versions for three of the webcasts are available now to contracted partners. Feel free to contact CCSR for more information. Live webinars will be back later this summer!

The **Health Action Plan Community of Practice** allows Care Coordinators and Social Workers within contracted Health Home Partners a place to discuss with their peers challenges they face when writing Health Action Plans and strategies to be more effective. Please join us on May 19 at 11:00 a.m. for inspiring conversations and practical ideas!

Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO. For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu.

Health Homes Tips and Tricks

We understand that your work as a HHP is difficult and time consuming. To better enable you to do the good work that you do with our members, we would like to institute a new section of this Newsletter devoted to sharing useful tips and tricks for HHPs. We hope that you will participate by sending in your strategies for success. Whether it is a new education program or a technique for better engaging your fellow community providers we want to share your good ideas with others!

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at: Phone : 785-296-8001 Email: sferencik@kdheks.gov



Home Canning and Botulism

It's almost summer, and home gardeners will soon start to harvest the delicious produce they've been growing this year. Did you know 1 in 5 U.S. households can their own food, and 65% of those households can vegetables?

Home canning is a great way to preserve your garden goodies. But beware: if it's done the wrong way, the vegetables you worked so hard for could become contaminated by a germ that causes botulism, a serious illness that can affect your nerves, paralyze you, and even cause death.

Home-canned vegetables are the most common cause of botulism outbreaks in the United States. From 1996 to 2008, the Centers for Disease Control and Prevention (CDC) reported that there were 116 outbreaks of foodborne botulism.

Of the 48 outbreaks that were caused by home-prepared foods, 18 outbreaks, or 38%, were from home-canned

vegetables. These outbreaks often occur because home canners did not follow canning instructions, did not use pressure canners, ignored signs of food spoilage, and were unaware of the risk of botulism from improperly preserving vegetables.

Follow these two tips to keep your canned vegetables safe and keep them from spoiling.

1. Use proper canning techniques.

Make sure your food preservation information is always current with up-to-date, scientifically tested guidelines. Don't use outdated publications or cookbooks, even if they were handed down to you from trusted family cooks.

You can find in-depth, step-by-step directions from the following source:

The National Center for Home Food Preservation:

<http://www.uga.edu/nchfp/index.html>

2. Use the right equipment for the kind of foods that you are canning.

Always use a pressure canner. Pressure canning is the only recommended method for canning vegetables, meat, poultry, and seafood. Pressure canning kills the germ that causes botulism when foods are processed at the correct time and pressure in pressure canners.

Do not use boiling water canners because they will not protect against botulism poisoning.

Remember, fresh fruits and garden vegetables are part of a healthy diet, but safe preparation is critical. To learn more about botulism and what you can do to protect yourself, visit:

<http://www.cdc.gov/features/homecanning/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

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Website:

http://www.kancare.ks.gov/health_home.htm

